

TRAUMA AND PTSD: Provider and Caregiver Resources

Sample tools for Providers



Clinician's Trauma Update-Online (CTU)
Updates on the latest clinically relevant research are sent to you by email. Content on treatment and assessment is emphasized.



PTSD Research Quarterly (RQ)
Each RQ contains a review article written by guest experts. Includes a selective bibliography with abstracts and a supplementary list of annotated citations.



Search for Publications
Search the free online database: PILOTS (Published International Literature on Traumatic Stress). Contains references from over 45,000 books, journals and articles on trauma and PTSD.

www.ptsd.va.gov

FIND

PTSD overview

FIND

How to treat PTSD

FIND

Courses for free CE credit

FIND

Assessment information

FIND

**Resources for community providers
(employers, clergy, law enforcement)**

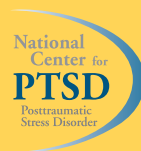
FIND

Where to refer to get help for PTSD

FIND

Manuals, videos, handouts for patients

60% of adults experience at least one trauma in their lifetime.
www.ptsd.va.gov provides you with tools to help these people cope.



**VA
HEALTH
CARE**

Defining
EXCELLENCE
in the 21st Century

(See reverse for more.)

Sample tools for Providers



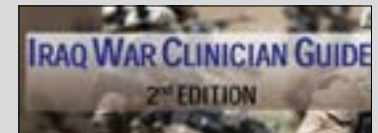
PTSD 101

Over twenty online courses related to all aspects of war zone stress and PTSD. CE credit available for most courses.



Psychological First Aid (PFA)

PFA is an evidence-informed modular approach for assisting people in the aftermath of disaster and terrorism.



The Iraq War Clinician Guide

The Guide was developed for clinicians addressing the unique needs of Veterans of the current wars.

VA/DoD Clinical Practice Guideline: Management of Post-Traumatic Stress

Topics include: triage and management of services; routine primary care screening of trauma and related symptoms; diagnosis of trauma syndromes and comorbidities; and evidence-based treatments.

Keep up on the latest information! Regularly check www.ptsd.va.gov

HANDOUTS



Understanding PTSD

- An interactive module that includes videos of people who have dealt with PTSD.
- Full color 8-page booklet.



Understanding PTSD Treatment

- A complementary interactive module debunking common myths and containing videos of providers who treat PTSD.
- Full color booklet with narratives.



Returning from the War Zone Guides

- What to expect when a soldier returns from the war zone.
- Two full color PDF guides accompanied by an interactive module to help families.

SUBSCRIBE



Subscribe to the
PTSD Monthly Update.

Sign up to receive the
CTU-Online every two
months.



MOBILE

PTSD Coach mobile app

- Free for iPhone and Android
- Information on PTSD and treatments that work
- Tools for screening and tracking symptoms
- Skills to handle stress symptoms
- Direct links to support and help
- Available 24/7



Mobile site and more mobile apps coming soon!



**SPECIFICALLY
FOR VA STAFF**

vaww.va.gov

**VA PTSD intranet site (on the
VA network)**

Further resources and training for
VA clinicians. Download assessment
instruments when you need them:

- CAPS online training
- Communities of Practice to join (eg,
PE, CPT, MST)
- Direct links to TMS courses on
trauma and PTSD

Also find:



VA PTSD Consultation Program

For VA providers: contact us for help
treating PTSD patients.



VA PTSD Mentoring Program

Training and support in VA PTSD
program development and
management. Learn from others at VA
how to improve PTSD treatment and
clinical outcomes.

Advancing Science and Promoting Understanding of Traumatic Stress